

# MWR

Morale, Welfare and Recreation

# Caribbean

Fort Buchanan, Puerto Rico • June 2007  
[www.buchanan.army.mil/mwr](http://www.buchanan.army.mil/mwr)

BANDS •

FIREWORKS • PARADE •



GAMES • SURPRISES

See the center page...





# •MORALE•WELFARE & RECREATION

**Your Service Provider  
throughout the Caribbean**



## Directorate of Morale, Welfare and Recreation

•Mr. Freddie L. Giddens, DMWR  
Director • T- 787-707-3530 •  
Bldg 1018-D, Buchanan Heights

**DMWR Admin. Officer/**  
Ms. Nakia K. Gardner •  
T- 787-707-3135

**Community & Family Activities**  
Program Manager, Vacant •  
T- 787-707-2976 • Bldg 1018-C,  
Buchanan Heights

**NAF Support Management** • Chief:  
Mr. John P. Faass • T- 787-707-3069 •  
Bldg. 1018-C, Buchanan Heights

**Business Operations Division**  
• Chief: Tammy Hite • T- 787-707-3373 • Bldg.  
1018-D, Buchanan Heights

**Community Recreation Division** •  
Chief: Vacant • T- 787-707-3301 • Bldg. 1018-C,  
Buchanan Heights

**Child & Youth Services** • Chief: Dr.  
Irma Julia T-787-707-3399 • Bldg. 1020-A  
Buchanan Heights

**Army Community Service** •  
Director: Mr. Rafael Gilestra • T- 787-707-  
3292/3804 • Bldg. 1019-A,  
Buchanan Heights

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Mrs. Myrna Narváez- Marketing  
Supervisor

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Assistant

Mrs. Neysa Maldonado-  
Illustrator

Mr. Ricardo García- Illustrator

José Navarrette- Marketing Clerk

Produced by: MWR Marketing  
Advertising & Commercial  
Sponsorship

Fort Buchanan, P.R.

Reproduced by:

Impresos Quintana

**For information,  
suggestions or  
for commercial  
advertisement  
opportunities:**

T. 787-707-3719/3711/3703

F. 787-707-3715 or

hilda.jannette.yambo@  
us.army.mil

**MWR  
Manager/Team  
Leader/Supervisor of  
the Month for April  
2007**

**Georgina Anderson**  
Golf Course Complex  
Acting Manager



Georgie Anderson



## Veterinary Treatment Facility

Will be closed from  
I through 11 June 2007.  
You can leave a message at  
(787)707-2038/2039

**Do you have a **child** with  
special needs?**

**Do you need a  
break?**

**Help is available!**

Funding is now available to pay for  
respite care of family members with  
special needs who are enrolled in the  
Exceptional Family Member  
Program (EFMP) and who  
meet specific medical criteria.  
The qualifying EFM is eligible  
to receive a maximum of 16  
hours monthly. Contact your  
local Installation EFMP Man-  
ager for more information.

DSN 740-3295 or  
Civ. 787 707-3295

ARMY COMMUNITY SERVICE  
**ACS**  
Real Life Solutions for Successful Army Living



**www.buchanan.army.mil/mwr**

This publication also available under the Installation's P-Drive:  
Morale, Welfare & Recreation folder.

# MORALE • WELFARE & RECREATION

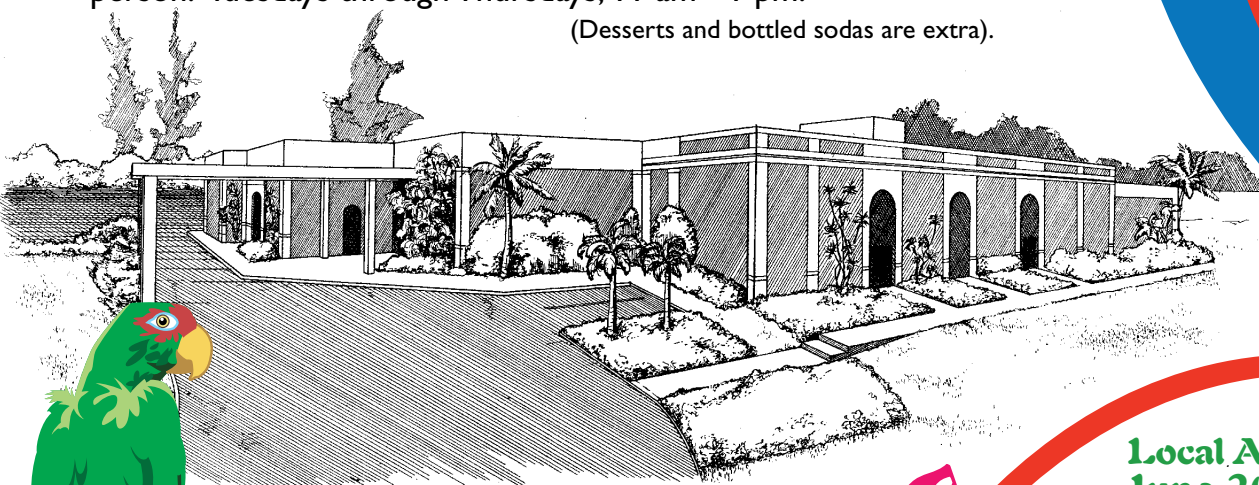
**Your Service Provider  
throughout the Caribbean**

## Buffet Style Lunches at the Caparra Room are back!

### Community Club & Conference Center

A delicious array of entrées, salads, and beverage from the soda fountain in a pleasant atmosphere, with the convenience of ample parking. An easy pay and serve system saves you time to relax. \$6.25 per person. Tuesdays through Thursdays, 11 am - 1 pm.

(Desserts and bottled sodas are extra).



from the **PATIO**  
where to go for fun!



## COMMUNITY CLUB & CONFERENCE CENTER

Manager, Mr. Rey Farinas • T- 787-707-3535, x-206  
e-mail: reynaldo.h.farinas@us.army.mil • Bldg 660, Fort Buchanan

### Lunch Buffets at the Caparra Room are back!

• Tuesdays - Thursday,  
11 am - 1 pm. \$6.25 per person.

### Catering Services

• Tuesday - Friday, 8 am - 3 pm. **Saturdays by  
appointment only.** Call 787-707-3535,  
x-201 for details.

### Bingo Nights

• Tuesday & Thursday 6 pm (Cards sold at 5:30 pm)

### Thursday Karaoke Nights

**The Zone:** Free admission,  
Starting at 4 pm.



### Discover the Nature of Old San Juan

787-722-5882,  
787-722-5834, 787-722-5872  
01/01/2007 to 12/31/2007

A guided walk through the streets of Old San Juan to learn about the diverse components of this historic city's ecology and discover how the varied ecology impacted the city's development. Fridays and Saturdays at 9 am. Reservations required.

### Museo del Niño (Children's Museum) Old San Juan

787-722-3791, 787-725-7214,  
787-723-2058  
Plaza de la Catedral.  
[www.museodelninopr.org](http://www.museodelninopr.org)  
A very popular hands-on children's museum with educational exhibits. Next to the El Convento Hotel.

## Local Attractions June 2007

### Aibonito Flower Festival

787-735-4070, 787-735-4070FX  
06/29/2007 - 07/08/2007  
Rt 722 Km 6.7.

A flower and plant lover's heaven. This annual plant, flower, gardening and landscaping festival features exhibits and the sale of the most popular and newest varieties of tropical flowers and plants, as well as pottery, garden accessories and food.

### Museo de Nuestra Raíz Africana (Our African Roots Museum) Old San Juan

787-724-4294, 787-977-2700,  
787-723-7837

Casa de los Contrafuertes, Plaza San José. [www.icp.gobierno.pr](http://www.icp.gobierno.pr)  
The mission of the Museum is to further the knowledge and appreciation of the diversity of the African culture in the Puerto Rican community and to demonstrate the different connections between African and Puerto Rican culture.

FOR MORE INFO. ON LOCAL  
ATTRACTIONS LOG TO:

**gotopuertorico.com**



We are  
serving you  
because  
you are  
protecting us.

**[www.buchanan.army.mil/mwr](http://www.buchanan.army.mil/mwr)**





# Sports & Fitness

## Step n' Tone Challenge

Monday, 4 June, 5:30 pm at the Sports and Fitness Center.

## Abdominal/Swiss Ball Challenge

Wednesday, 6 June, 12 noon at the Sports and Fitness Center.



**Doubles Tennis TOURNAMENT**  
Saturday, 23 & Sunday 24 June

**9 am at MWR Tennis Courts**

**Registration Deadline:**  
Wed, 20 June by COB.

**Fees:**  
Military and Family Members Free  
DOD and Federal Employees \$5  
Others \$8

For more information call Fort Buchanan's Adults Sports Office at 787-707-3277

## Summer Spinning!

**Only during June and July,** Indoor Cycling Classes at 12 noon on Wednesdays and Fridays.

## Ongoing Fitness Programs:

### Golden Age Program:

For patrons 50 years of age or over. Socialize and enjoy physical activities. Tuesdays and Thursdays from 9 - 10 am. Medical certificate required. Sign-up at the Fitness Center, 787-707-3767.



### Racquetball Challenge:

Monday thru Friday • 11 am - 1 pm  
Tuesdays & Thursdays 4 - 7 pm  
During these hours participants sign-up to challenge the winner of preceding games. Racquetball court is open to all participants; no individual reservations made during this period. For details call 787-707-3767.

The US Army does not officially endorse sponsors.

### Cycling Class:

Monday thru Thursday, 5:30 am  
Wednesdays, 6 pm  
Mon, Tue & Thu, 12 noon &  
Mon thru Thu 4:30 pm  
Saturdays, 10:30 am  
Reserve the day before at 787-707-3767

### Pick-up Basketball:

Monday thru Friday,  
3:30 - 5:30 pm  
Sat, 3 - 5:45 pm

### Group Fitness, Aerobic Class:

Mondays and Thursdays 5:30 pm. 60 mins.  
Tuesdays: Body Toning Class, 5:30 pm.

### Civilian Wellness Program:

DoD employees are authorized work time up to 3 days per week, 1 hour a day, for 6 consecutive months to participate (once during employee's career). Enroll at the Fitness Center, with medical certificate signed by a doctor, supervisor's authorization, and the health risk questionnaire. Details at 787-707-3767.



### Sports & Fitness

#### Director:

Luis Robles, Bldg. 1020-C  
787-707-3277  
luis.r.robles@us.army.mil

#### Acting Fitness Center Manager:

Juan Sanfeliz, Jr., Bldg. 167  
787-707-3767

#### Acting Sports & Fitness

#### Programmer:

Roberto Fernández  
787-707-3277

#### Hours of Operation:

Mon - Fri, 5 am - 9 pm  
Sat, 8 am - 6 pm  
Sun, 9 am - 5 pm  
Call for Holidays hours update.



**Picnic • WALK • Bike TRIP**

**Parque Tablado Río Bayamón**  
**Sat, 9 June • 8 am**

*For the entire family!*

**Deadline for registration**  
**Wed, 6 June by COB**  
at the Sports & Fitness Center

Departure time: 8 am  
from the Sports & Fitness Center

**TO REGISTER: 787-707-3767**

**Fee (transportation included):**  
Adults \$10  
Children 12 years and under \$5

Marketing, Advertising and Commercial Sponsorship. 050707





# Fort Buchanan's Grand Celebration!

At the AAFES/PX Parking Area,  
July 4 from 10 am - 9:30 pm.

## ENTERTAINMENT:

## El Gran Combo

## Salsa y Control

# The Beatles

## TRIBUTE BAND

## Silver Cook

# Orquesta Tropigala

## CARNIVAL RIDES


**PARADE**
**FOOD KIOSKS**
**CLOWNS**

The entire community is invited for a day of pure fun!

**Sponsored by:**

- **Sprint**
- **Frito Lay**
- **Burger King**
- **Coors Light**
- **Coldwell Bankers**
- **OneLink**
- **Universal Eastern**
- **Paper Clips**
- **Howard Johnson**

The U.S. Army does not officially endorse sponsors.  
Choose a designated driver. Do not drink & drive.

**[www.buchanan.army.mil/mwr](http://www.buchanan.army.mil/mwr)**





## "It Pays to INVEST in QUALITY!"

- **CYS Chief**, Dr. Irma Julia, Tel. 787-707-3399
- **CDS Coordinator**, Ms. Carmen Dieppa, T0el. 787-707-3598/3769
- **SAS Director**, Ms. María Martínez, Tel. 787-707-3468/3280
- **MSP Acting Facility Manager** Nydia Mejías, Tel. 787-707-3826
- **Teen Center Acting Facility Manager** Nydia Mejías, Tel. 787-707-3826, Tel 787-707-3783
- **CLEOS and Supervisor Recreation Specialist YS**, Vacant, 787-707-3434
- **Sports Specialist**, Ms. Arlene Muñoz, 787-707-3466

## 707-KIDS

A hotline to express your concerns or alert the School Liaison Officer and the Command of issues related to our youth. A way for the community to support our youth.

ACCREDITED BY



The National School-Age Care Alliance



Accredited by the National Academy of Early Childhood Programs

"Promoting healthy lifestyles to our youth."

# Child & Youth Services

## Summer Camp 2007 Registration

### Ongoing while spaces are available.

Registration of previous members handled by each center's staff.

New registrations must be handled in the Central Registration Office (CRO), Bldg. 1020 Buchanan Heights.

CYS Summer Camp will start on 4 June until 10 August. Hours of operation will be from 6:30 am - 6 pm. Summer Camp fees for the School Age Services, Middle School and Teen Center will include breakfast, lunch and snacks, sports and fitness activities, aquatics, arts and crafts, field trips transportation, educational activities and T-shirt.

School Age Services Programs are offered for children from kindergarten through fifth grade. (Children that finished the fifth grade will be registered at SAS).

Middle School/Teen Center is offered for teens from 6th to 12th grades.

For more information call the Central Registry Office at 787-707-3787.

### Fees

#### Middle School/Teen Center

\$109 per week  
Includes T-shirt, trips and daily meals  
For more details call (787) 707-3787

#### School Age Services (SAS)

Based on Family Household Income

Category	Weekly	Semimonthly	Monthly
CAT I	38	76	152
CAT II	65	130	260
CAT III	73	146	292
CAT IV	86	172	344
CAT V	98	195	390
CAT VI	109	217	434



Month of the Military Child events concluded with the **Family Day & Child Development Center Open House** held on Friday, 27 April. Above, a big thank you to the sponsors that joined the celebrations in honor of the military child.

# Army Community Service

Mission- Facilitate commander's ability to provide comprehensive, coordinated, and responsive social services that support readiness of soldiers, civilian employees and their families.

## Family Advocacy Program

### Classes for June

- **Stress and Anger Management**  
Thursday, 7 June, 2 -3 pm; 14 June, 3 - 4 pm;  
21 June, 3 - 4 pm; 28 June 4 - 5 pm
- **No More Bullying**, Safety Class for School  
Age Services, 6, 13, 20 and 27 June, 2 - 4 pm at  
SAS, Bldg. 148.
- **Teens Support Group Meeting**,  
Tuesday, 5 June, 3:30 - 4:30 pm at the Teen Center.
- **The Art of Family Meeting**,  
Tuesday, 12 & 26 June, 4:30 - 5:30 pm at ACS  
Conference Room.
- **Prevention of Domestic Violence**  
Tuesday, 19 June, 3:30 - 5 pm

For more information please call: FAP Educator,  
Carmen Teresa Rivera at 787-707-3698, email:  
carmen.rivera@us.army.mil.

## Sexual Assault Prevention & Response Program AR 600-20

For military personnel only. • Awareness Training  
• Response to victims 24 hours a day, 7 days a week.  
**Emergency hotline** 787-406-4222.

## Victim Advocate Services

We provide support to victims of domestic  
violence and sexual assault. For more information  
call 787-707-3709/3481.

For FAP program related information call Ms. Wilda Díaz  
at 787-707-3709 or wilda.diaz@us.army.mil.

## Military & Family Life Consultants

Their role is to help you with your daily living situations  
related to being part of the Army Community. We offer  
you help and support with issues such as: separation  
from your loved ones, personal relationships, adjust-  
ments to new situations and family concerns, among  
others. Services are **FREE** and **CONFIDENTIAL**.  
For more information or for a consultation, please  
call:

### Your Military & Family Life Consultants:

- Nina Martínez- Mondays through Fridays,  
9 am - 5 pm, 787- 685-3423, Fort Buchanan & San Juan  
National Guard Center.
- Vanessa Villafañe- Mondays through Fridays,  
9 am - 5 pm, 787-685-3429, Muñiz National Guard Base  
& Juana Díaz.

## Military Onesource

Available at no cost to you, any time.  
We have consultants who speak Spanish. Phones are  
TTY/TDD accessible. En español, llame al 1-800-375-  
5971 • TTY/TDD: 1-800-346-9188.

Online: www.militaryonesource.com User ID: Army •  
Password: Onesource

**For FAP program related information call  
Ms. Wilda Díaz at 787-707-3709 or  
wilda.diaz@us.army.mil**

## Army Volunteer Corps Program

For information please call AVC Manager  
Ms. Ivette Dávila at 787-707-3365; email:  
ivette.davila@us.army.mil or visit ACS Bldg.  
1019, Buchanan Heights.

## Employment Readiness Program

**Job Search Attitude Inventory**  
(Self Assessment Tool) An important factor in finding  
employment is your attitude. For appointments call:  
Ms. Ivette Dávila at 787-707-3365; email: ivette.  
davila@us.army.mil

## AFTB Level III

Class in Spanish. Tue, 19 through Thu, 21 June,  
8 am - 2 pm at ACS, Bldg. 1019, Buchanan Heights.  
For details and registration call 787-707-3290.

## Exceptional Family Member Program •

**Conferences** 22 June 2007 9 am - 3 pm.

Five simultaneous conferences. They will be in  
Spanish with translation to English for those  
that register. Personnel from Movement to  
Reach Independent Living will bring resources.  
Registrations required: 787-707-3295. Themes:

- **Who offers employment service  
in my community?**
- **Success Stories**
- **Work Discrimination - Versus  
Reasonable Accommodation**
- **Missing Infrastructure in the return  
to the work force**
- **What is Ticket to Work?**

**EFMP Meeting Theme: "Managing  
Pain," Tuesday, 19 June** at 1:30 pm, ACS  
Conference Room. For more information  
contact: Mr. Raymond Morales at 787-707-3295  
or raymond.morales@us.army.mil

## Financial Readiness Program Financial Classes

**Consumer Rights and Obligations  
Thu, 7 June.**

**Too Good to be True/ Consumer  
Scams • Thu, 21 June.**

Classes from 10 am - 12 pm at ACS, Bldg. 1019-D.  
Call Ms. Arlene Romero, FRP Manager at 787-  
707-3310 or arlene.romero@us.army.mil

## FRP Special class:

### Creating Wealth in Real Estate

Speaker: Molly Assad  
**Thu, 14 June, 10 - 11:30 am** at ACS  
Building 1019, Buchanan Heights. Spaces are  
limited, to attend, please make a reservation  
by calling (787) 707-3310 or e-mail: arlene.  
romero@us.army.mil



The Army's Official website  
for military families is:

**myarmylifetoo.com**

## Army Community Service

Director:

Mr. Rafael Gilestra

Tel. 787-707-3292

rafael.gilestra@us.army.mil

• 7 am - 4:30 pm

## Relocation Readiness Program

### Health Info Tour

**Thursday, 7 June,**  
8:30 am - 12:45 pm. This is a  
mandatory tour for all newly arrived  
soldiers and family members are highly  
encouraged to attend. A briefing from  
TRICARE and Health Clinic Staff from  
8:30 - 9 am at the Community Club &  
Conference Center, followed by a tour  
which will include a drive by local hos-  
pitals and Clinica Las Americas.

## Military Sponsorship

**Tuesday, 12 June, 1:30 - 2:30 pm,** ACS  
Conference Room, Bldg. 1019, Buchanan  
Heights. Training provides knowledge  
and information on being an effective  
sponsor. Handouts and guidebooks  
make sponsorship an easy task.

## Cross Cultural Adaptation Trip to Río Piedras Farmers' Market

**Thursday, 14 June, 8:30 am - 12:30 pm.**  
Meeting at the Golf Course parking. An  
opportunity to find fresh produce, specialty  
and bargain shops. This tour is via public  
transportation. Reservations required for  
the trip.

## Cross Cultural Adaptation Trip to the Flower Festival in Aibonito

**Friday, 6 July, 7 - 5 pm (approx.)**  
Leaving from the Welcome Center,  
Bldg. 152 at 7 am.

For reservations and more information call  
Ms. Adria Lucca, 787-707-3682/3697, email:  
adria.lucca@us.army.mil



## PUERTO RICO JUNIOR LEAGUE TOURNAMENT



### Manuel F. Rexach Brown

On 1 April 2007, Fort Buchanan Golf Course was pleased to hold the PRJL tournament.

Our youngest golf club member Manuel F. Rexach Brown, age 4, competed in the boys category 5 year and younger. We are very proud of Manuel as he placed first.

Manuel started his game of golf at the age of 3. Manuel is encouraged by our older members to play on the 9 Hole course. Manuel is a delight to watch

He will be heading off to Chicago to participate in the "Pepsi Little People Golf Challenge" from 18 - 22 June 2007.



### Kristina M. Ortiz

Kristina also participated in the PRJL on 1 April 2007. Although, Kristina is not a member of our club, she plays here regularly with her father Ruben.

Kristina also started her game of golf at age 3 at Fort Buchanan. She plays in 10 and under category and is ranked in the top 3 on the Island. This is her second year competing in golf leagues in P.R.

The past two tournaments at Fort Buchanan, Kristina placed first and second after a sudden death playoff. Again, Kristina is a delight to watch and her dedication to the game is unbeatable.

Like Manuel, Kristina shall be heading off to Chicago to compete. Congratulations to our young golfers. Fort Buchanan Golf Course wishes our young players good luck in Chicago!!!!

## Golf Course Complex

### Month End Madness

Friday, June 29, 2007

Shotgun start at 12:30 pm.

Fee: \$25 Golf Club Members  
\$35 non-members

Registrations for tournaments is available the first day of the month and payments must be received by close of business 3 days prior to the event. Call our Pro-Shop at 787-707-3980 or 787-707-3852 and sign-up as soon as possible, spaces are limited.

### "Introductory" and "Back to Basics" Summer Classes

The Buchanan Golf Course is conducting a series of "introductory" and "back to basics" classes this summer, from June 1 thru July 20th. The one hour classes will be held in the mornings, Monday thru Friday, at 9 am. The first class will be the FREE Basic Etiquette and Golf Rules class, held on Friday, June 1st, at 9 am in the Bunker Bar. All you have to do is show-up.

**Monday** - Ladies Introduction to Golf, \$10.00, 1 hour

**Tuesday** - Junior Introduction to Golf (12 yrs +), \$10.00, 1 hour

**Wednesday** - Fort Buchanan Course Members, Basic Sand Bunkers, \$10.00, 1 hour

**Thursday** - Basic short game for all, \$10.00, 1 hour

**Fridays** - Basic Etiquette and Rules, FREE, 1 hour

Lessons are prepaid at the pro shop. Please bring receipt.

For complete lessons or lesson packages, please see Mr. Wilson or call at 787-306-0427.

Hope to see you all there. Lowry Wilson, Fort Buchanan Teaching Pro

**Snack Bar** opens daily for Breakfast from 5:30 to 10 am. Food service for groups and take out is available upon request. The Snack Bar closes at 3 pm on Sundays.

**The Pro Shop** is open daily and offers a variety of golf accessories for golf enthusiasts. Golf apparel, clubs, bags, shoes, gloves, hats and much, much more are available. We also have a wide variety of logo items available; they make great gifts for family and friends!

**The Bunker Bar** offers a place to sit back and relax after a challenging round of golf. You are able to keep up with the latest sports updates on our big screen TV and see how you compare with golf greats! Wednesdays through Saturdays 3 - 8 pm.



Acting Manager:  
Georgina Anderson  
Tel. 787-707-3980  
georgina.anderson@us.army.mil  
Assistant Manager: Earl Goins

### Golf Club Snack Bar Breakfast

Starts every day at  
5:30 - 10 am

**Lunch Specials**  
Mon - Fri,  
10 am - 1 pm

**Pro-Shop**  
Sun - Sat,  
6 am to  
6 pm

## Bowling Center

Manager: Luis Torres  
• Tel. 787-707-2695 • 787-707-BOWL  
E-mail: luis.r.torres@us.army.mil

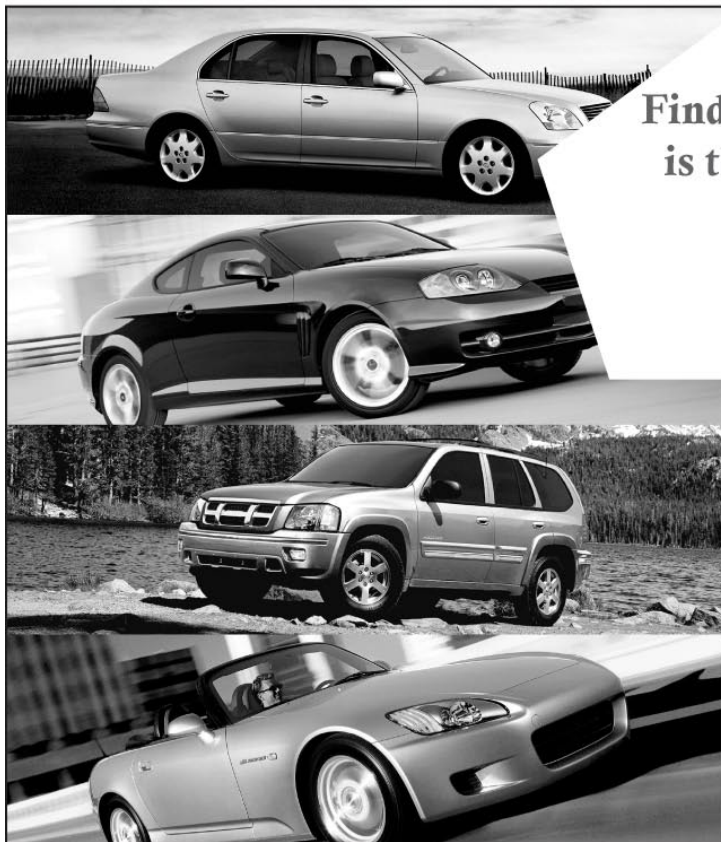


**The Bowling Center will be closed until June 14 for renovations and the installation of pin setters, scoring system and cosmic bowling. The Center will be closed on Father's Day, 17 June.**



NCUA

Rate and offer current as of May 1, 2007 and are subject to change. Rate dependent on amount borrowed, term, and model year. Car Loan example: \$20,000 loan at 5.79% APR, 72 monthly payments of approximately \$330 each. Rate applies to online applications only. Otherwise, the applicable APR is 6.19% for up to 72 months.



Finding the right car loan  
is the easy part

**5.79% APR**

**up to 72 months**  
when you apply online

If you can find a better deal, take it.

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Visit your local branch

Building 673, Carretera South Terminal  
Fort Buchanan, Guaynabo, Puerto Rico



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## Commercial Sponsorship Opportunities

Pick your event...

Your services & products can reach the military family and civilian market.

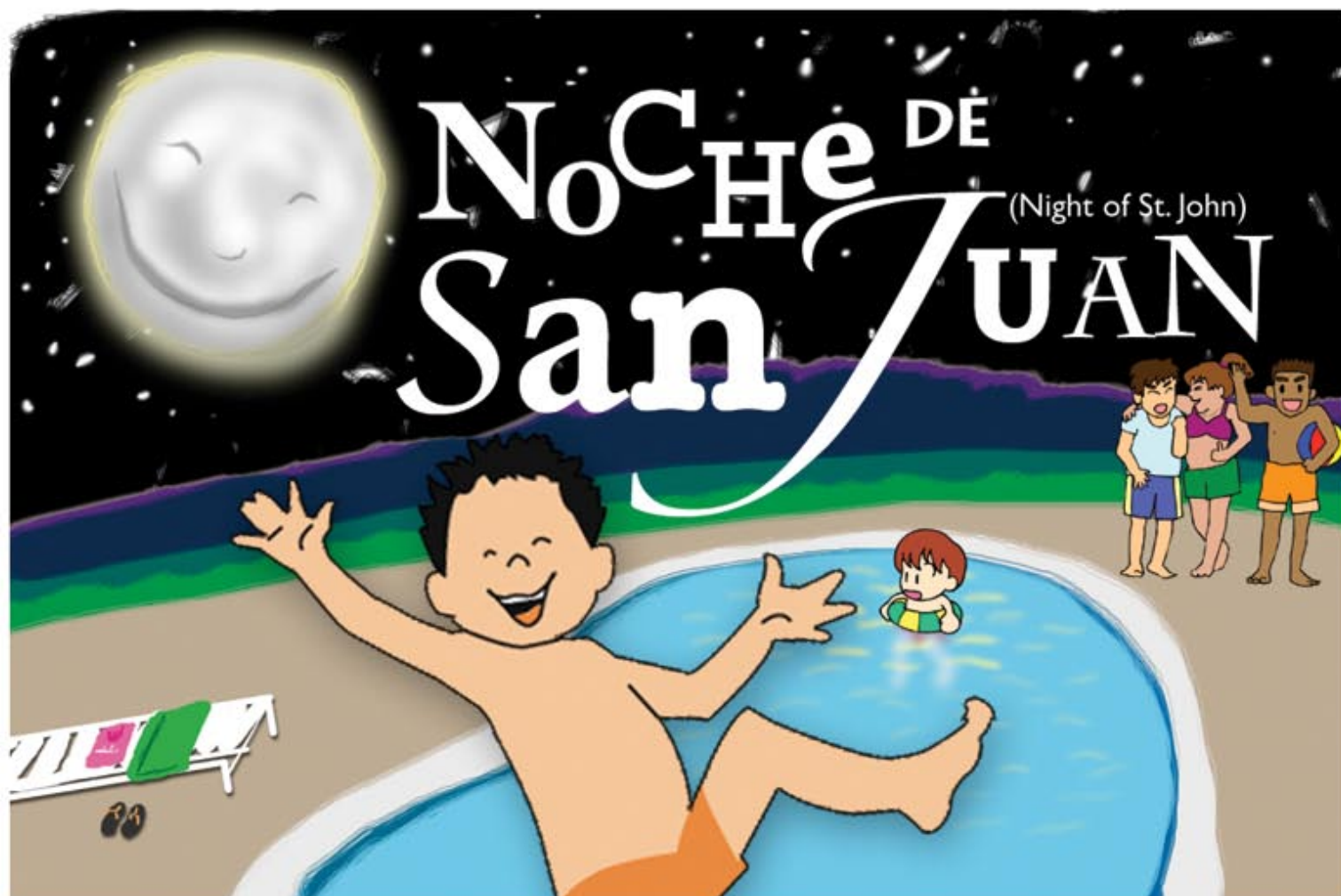
Call **787-707-3703**

Email:  
hilda.jannette.yambo@us.army.mil

Paid Advertisement/MWR fund.  
The US Army does not officially endorse sponsors.

**www.buchanan.army.mil/mwr**





Join us for this very traditional celebration at  
**THE WATERSPOUT**

*saturday, 23 June '07*



*7:00 pm - 1:00 am*

**DJ MUSIC • DOOR PRIZES & MORE**

*Fees:*

*Adults \$5.50  
Children \$3.50*

*For more information call  
**787-707-3550***